

## **Lila-Radhika Humanitarian Intercultural Senior Citizen Service Center Kathmandu, Nepal (LIRAH AUS)**

The mission of LIRAH AUS is to help elderly people live peaceful, fulfilling and happy lives. LIRAH AUS offers residential care to about 120 elders and day care facilities to about 100 elders per day. Its aim to offer support and services to all elderly persons, irrespective of status, wealth, caste, religion, relationship, gender or ethnicity.

As we know, in Nepal the elderly are cared by their siblings, and it has been so as a part of Nepali traditional value. Many cultures have embedded within their norms about respect for senior citizens and the responsibility of the young to care for the old when the need arises. However, in many cases even though the children may want to take care of the senior citizens, but it might not be always possible. We might all be aware of such issues in our own and other families.

We wanted to change the whole concept of old age homes in Nepal. It should be taken as senior citizens homes in US as heaven for many seeking freedom from family pressure and enjoy good social environment and proper immunities to spend time and relaxed life with satisfaction and happiness as true happy times of the later part of their lives. In Nepal, we see it as a shelter for neglected old people without any income or property and often products of bad sons or daughters

Most of the senior citizens homes are looked into with different perspective in Nepal. Old people who are there at senior citizens homes are seen as those who are neglected by their children. Because of this concept those senior citizens homes are not running properly. And another biggest factor is lack of fund.

On the one side, as the economy grew and literacy levels rose in Nepal in the past few decades, women bear fewer children, and families have become smaller. And also presents a problem as the younger generation is staying abroad for study and work, and aging parents are left behind with no one to take care of them.

Other side, the lack of a good insurance policy, lack of their own property and generations (children), some elderly peoples is compelled to come to the street. They have no possibility to get properly medicine and accommodation. So they need such help. LIRAH AUS is a helping hand for those people who need such types of help. Old age also brings frailty and special needs in doing activities of daily living. That's why a senior citizens home with accessible living arrangements with care and support is required.

We planned to design a senior citizens home in Kathmandu with full of facility like medicine and others for the elderly people from all types of family in a multicultural atmosphere.

### **The design goal of LIRAH AUS is**

#### **General:**

1. To help the senior citizens who have no possibility to pay their expense for their daily life and those who have no person to care them, they will get free service from us for their rest life. They do not need to pay.

2. To help the senior citizens who has the possibility to pay their expense for their daily life but they have no person to care them or their children are far away from them. In this situation the service cost will be charged.

### **Specific:**

- to implementation of a holistic skilled nursing , therapy and care, which sees itself as a social service
- the human attention is a highest priority.
- to create quality of life for our residents and day visitors .
- to ensuring a good, physical and psychological general well-being of seniors / inside
- to recognize , Promote and improve its resources and eventual Recurring skills
- to procurement of safety, security and the feeling of being at home
- to activate maximum and mobilization to participate in the activities of the organization

### **Training or schooling:**

for this purpose we will trained the care persons and volunteers for our project and also we will provide a chance to get training with us those who are interested and also wanted to be involved in this field. Until now in Nepal there are no trained care persons especially for the elderly people and also Hospiz.

We wanted to minimize the costs, but still wanted to make it comparable with the assisted living facilities in developed countries in terms of accessibility and care. The developed countries have a good social security, pension, and public health systems to support senior citizens and supplement their personal and family resources, but many developing countries like Nepal, there is very little or no such government-funded support is available. Thus, the Senior citizens home will be targeted for the elderly who want to live in Nepal, but who have no one to take care of them.

In Nepal, there is not yet perfectly Palliative Care system and good Hospice. So we wanted to develop this also parallel. We hope because of our activities the elderly or sick people could fulfill their last desire or wish of their life and will get satisfied ending.

## **Our Plan for Construction:**

|  |  |
|--|--|
| <b>Main entrance:</b>                              | (2 Ropani)   |
| Ground floor:                                      | Security control room, Operation & Info. Desk, Canteen & Medical station |
| 1st floor:   | 20 Guest/visitors room with attached bathrooms                           |
| 2nd floor:   | Big seminar hall with T.P. Partition                                     |
| 3rd floor:   | (5 Class rooms) training for Senior care and volunteer staff             |
| <b>Parking area</b> for 50 car and 100 motor bike: | (3 Ropani)   |
| <b>Residence for senior citizen:</b>               | (4 Ropani)   |
| Ground floor :                                     | Day care with Nursing station for 100 persons                            |
| 1st floor:   | full residence for female 40 persons                                     |
| 2nd floor:   | full residence for male 40 persons                                       |

3rd floor: full residence for couples

20 couples

**Hospice:** 16 persons.

(2 Ropani)

Ground floor for information desk for Hospice, Meeting rooms for 15-20 person, Kitchen and dining hall

First floor: 20 rooms for 16 Hospice guests with attached Bathrooms and 4 room for official use

**Vegetable garden** for those peoples/seniors who are interested to be engaged:

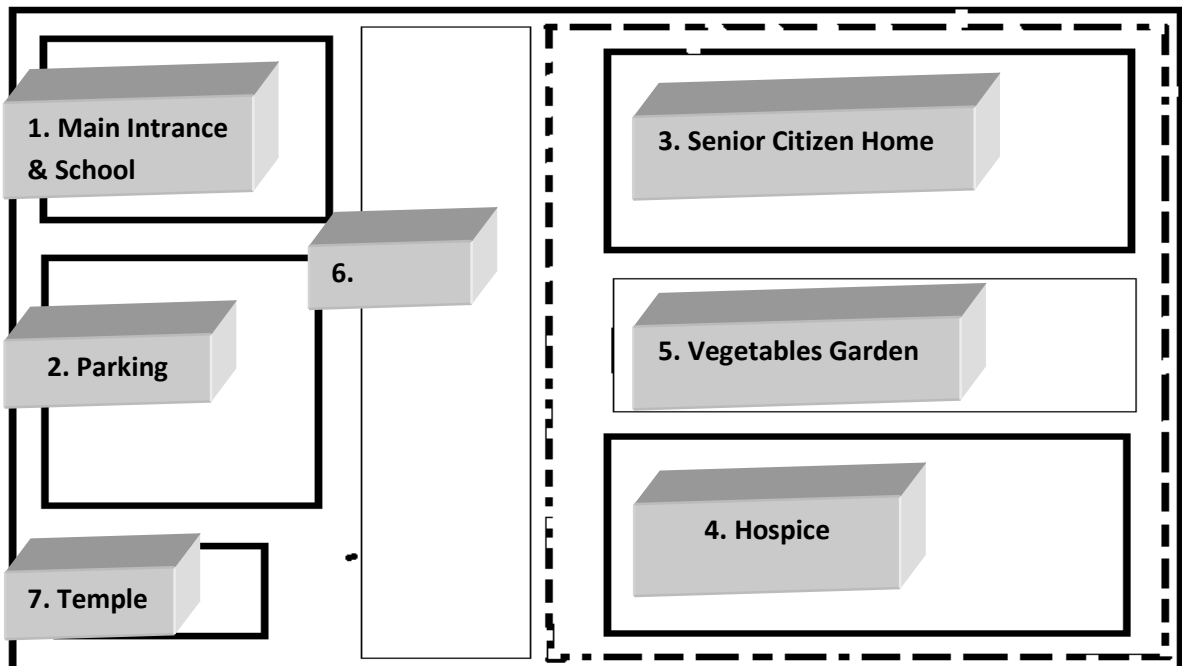
(2 ropani)

**Garden:** Sun bathing, morning and evening walk or for relax (with bank):(5 ropani)

Temple

(1 ropani)

## Total land for this project: 20 Ropani



If you live abroad and worry about to take care of your parents in Nepal, you could send them to our LIRAHAUS senior citizens home. Your suggestions will be helpful for us.

**Contact Person:** Dr. Dharma Raj Bhusal

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